

# Celebrate Your Healthy Smile Being Thumb & Pacifier Free is the goal for ME!




Name \_\_\_\_\_

Date \_\_\_\_\_

Your goal is to be thumb & pacifier free...  
You can do it!

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							
							
							
							
							
							
							
							

Hang up this chart. Write your name and the day you started your promise to be thumb & pacifier free.  
Put a star in the box when you go without your thumb or pacifier.

## Show off your healthy smile!

When you are thumb and pacifier free let Dr. Cara know & you will get a special prize!

Download another chart at: [smilebugg.com](http://smilebugg.com)